



WELLNESS WEEKLY

February 24, 2014

FEBRUARY IS...

- ♦ American Heart Month
- ♦ Cancer Prevention Month

EXTRA POUNDS BRING CANCER RISK

Body fat and cancer: what's the connection?

It's a mistake to think that all fat does is make your clothes tighter. In fact, fat is an active tissue especially fat that's carried in the abdomen. It produces estrogen, and it affects the levels of hormones, proteins and growth factors. These chemicals promote rapid cell growth. When cells are growing and dividing quickly, there's more of a chance that they will start to grow abnormally and become cancer cells.

Weight Control: what you can do.

If your weight is in the trouble zone, try to put a halt to weight gain. But don't fall for fad diets. They fail in the long run and can be both unhealthy and discouraging. Instead, make changes that can lead to healthy, slow weight loss:

- Eat more plant-based foods. Choose fruits, non-starchy vegetables, beans and whole grains. Eat less meat, high-fat foods, processed foods and fast food.
- Watch your portion sizes. Any food can add pounds if you eat too much of it.
- Drink more water and no-calorie beverages such as unsweetened tea. Avoid sugary drinks, and limit alcohol if you choose to drink. (No more than one drink a day for women, and two for men.)
- Move more. Try to be physically active at least 30 minutes a day most days. Always check with your doctor before you increase your activity level.
- If you're lean now, make efforts to stay that way. Weigh yourself regularly (but not too often). And change your diet or activity level if your weight starts to creep up. It's easier to lose five pounds than 15.

The information contained in this article has been provided by United Healthcare, it is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.



The Week's Events

Event	Yoga
Date & Time	Wed. Feb 26
Location	The Department of Human Resources 201 E. Baltimore St. 1st Floor, Montebello Suite

Yoga is a Hindu discipline that promotes spiritual unity with a supreme being through a system of postures and rituals including breath control, simple meditation, and the adoption of specific body postures. Come join Yoga and learn much more!

Coming Soon

Event	Date	Location	Time
Salsa Dancing	Mar. 5	The Department of Human Resources 201 E. Baltimore St. 4th Floor, Room 430	4:45-5:30 p.m.
Smoking Cessation (7-weeks)	Mar. 6	Mayor's Office of Employment Development 417 E. Fayette St. 4th Floor, Fishbowl Conference Room Baltimore, Maryland 21202	2:00-4:30 p.m.
Aging Gracefully: Adapting to Changing Nutritional Needs	Mar. 11	Online Seminar by United Healthcare (Open to all City Employees) Registration Required: www.Source4Women.com CLICK: [Online Seminars & Events] (If you are unable to attend the session, please feel free to review it any time after the above date by going to www.Source4Women.com . Then CLICK: Online Seminars & Events. Previously Recorded Seminars where you can view this seminar as well as any pre-	12:30-1:30 p.m.
Tai Chi	Mar. 12	The Department of Human Resources 201 E. Baltimore St. 1st Floor, Montebello Suite	4:45-5:30 p.m.

February is National Cancer Prevention Month



Schedule your cancer screenings!

Eligible employees should plan to take full advantage of the 4-hour allotment of time for cancer screenings. With supervisory approval, eligible full-time and part-time employees are granted up to 4 hours of permission leave per calendar year for cancer screenings.

ALL WELLNESS EVENTS ARE FREE & OPEN TO ALL BALTIMORE CITY EMPLOYEES.

For information contact
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OR 410 396-3872.

Featuring New Giveaways for ALL Participants at Wellness Activities

Attending City employees may bring one family member/guest.

Space is limited. Register early.

To Register go to: www.cityofbaltimorewellness.com